

#Adulthoodwithdiabetes 2021 – Mental Health

- You do not need to be perfect
- Having Diabetes is hard and no, the doctors do not really “know what you are going through”
- “Treatment Adherence” is defined by the WHO as “The extent to which a person’s behavior... corresponds with agreed recommendations from a health care provider.”
- Adherence is a behavior, not a diagnosis or a measure of your moral virtue!
- Doctors (and nurses and diabetes educators and...all those medical professionals) want to help. They can feel frustrated if they think they are ineffective, but the good ones will use that frustration to try and change their approach. If you are feeling blamed, give feedback! If your feedback is not well-received, shop around. You will be healthier and take better care of your diabetes if you have a good relationship with your provider.
- The medical system is complicated and full of strange hoops to jump through. People may assume that you understand it because you have been a patient for a long time. Don’t be afraid to ask for help navigating the system!
- There are numerous scientifically-described ways of helping human beings reliably perform boring-but-essential tasks
 - Use checklists
 - Use reminders, but sparingly and only if they work
 - Use your environment and your habits to your advantage, incorporating needed tasks into your day rather than trying to bend your day to the tasks
 - Thoughtful support from people important to you can work, as long as neither side feels like it nagging
 - Vigilance and “working harder” work for about 2 weeks, then fade. So do not rely on them.
 - Be self-compassionate, give new strategies some time to work, then assess whether they worked and adjust as necessary.
- You still have a teenage brain.
 - Independence is both terrifying and wonderfully freeing. Expect to circle back for help from time to time.
 - You will tend to over-value being fun and happy with the people you are within a specific moment over future health. You can manage that tendency with some self-awareness and preparation.
 - It will cause anxiety to seem different. You can manage that with some self-awareness and preparation.
 - Many teens and parents fought about the diabetes management during adolescence. That often leads to the all-too-human problem of strong emotions getting tied into everyday actions. You should strongly consider working with a therapist to unwind the connection between diabetes care behaviors and the emotional growth of adolescence. Especially if doing the daily testing and insulin administration is an emotional challenge.

Mental Health Resources

UW Health Resources

UW Health Behavioral Health Access Line

Once referral placed, call **608-233-3575** to schedule with health psychology or psychiatry

UW Health Pediatric Diabetes

UWHealth.org/type1diabetes

Search: diabetes and mental health

UW Diabetes social worker, Jolene Eggert 608-261-1664 for specific counseling resources or information

Groups available through UW Health

- LAUNCH: Young adult group with depression and anxiety: <https://www.uwhealth.org/mental-health/launch-a-young-adults-group-for-anxiety-and-depression/51199>

Other Resources

Teen Line Online

If you have a problem or just want to talk with a teen who understands then this is the right place for you! Call, text or email.

Call 310-855-HOPE (4673) or [Text TEEN to 839863](https://www.teenlineonline.org) or go online [teenlineonline.org](https://www.teenlineonline.org)

Headspace

Download the Headspace app for free meditation sessions

www.headspace.com

"This is Normal" podcast

A podcast where young people talk about their own mental health challenges -- and how they got through them. Because when we share our stories, we can all feel a little less alone. Part of the Kids in Crisis series by USA TODAY NETWORK-Wisconsin

Find it wherever you find your podcasts

JED Foundation

Protecting emotional health, preventing suicide. Empowering teens and young adults with the skills and support to grow into healthy, thriving adults.

Jedfoundation.org

Suicide Prevention and Crisis Support

- Call 800-662-HELP (4357). Substance abuse and mental health service association (SAMHSA)
- Call 800-273-TALK (8255). National suicide prevention lifeline
- Text HOME to 741741. 24/7 crisis support –Crisis Text Line (crisistextline.org)

Mental Health Resources- Continued

Resources by County

The Mental Health Center of Dane County

Provides assessments, services, support programs and a 24-hour emergency phone line for children, teens, adults, seniors, and families.

Call 608-280-2700 or emergency phone line 608-280-2600. 625 W Washington Ave, Madison, WI

Access the Wisconsin Department of Health Services Mental Health: Care and Coverage guide:

<https://www.dhs.wisconsin.gov/mh/hccindex.htm>

Alternatives

- Discuss with your Primary Care Physician
- Call your insurance company for a list of counseling options